

# How Many Calories Does Physical Activity Use?

**Approximate calories used for moderate and vigorous activity**

**\*\* The calorie values listed below were calculated for a 154-pound man (5'10"). Those who weigh more will use more calories, and those who weigh less will use fewer calories. Each activity lists an approximate number of calories lost while performing each of the activities. The values include both calories used by the activity and the calories used for normal body functioning.**

	<b>Approximate calories used by a 154 pound man</b>	
	<b>In 1 hour</b>	<b>In 30 minutes</b>
<b>Moderate physical activities:</b>		
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 ½ miles per hour)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
<b>Vigorous physical activities:</b>		
	<b>In 1 hour</b>	<b>In 30 minutes</b>
Running/jogging (5 miles per hour)	590	295
Bicycling (more than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 ½ miles per hour)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

<http://www.choosemyplate.gov/physical-activity/calories-burn.html>